



Blackberry Cake with Orange Drizzle

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



318 kcal

DESSERT

Ingredients

- ☐ 2 tsp double-acting baking powder
- ☐ 300 g blackberries
- ☐ 2 juice of blood orange
- ☐ 4 large eggs
- ☐ 250 g flour plain
- ☐ 56 g caster sugar
- ☐ 225 g butter unsalted softened
- ☐ 1 tsp vanilla extract

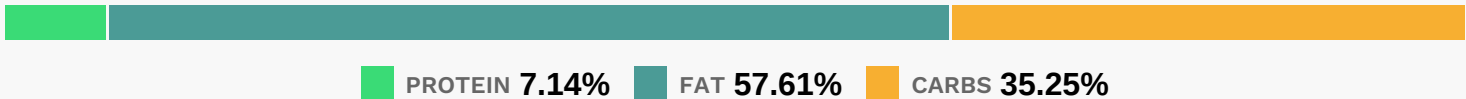
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ skewers

Directions

- ☐ Preheat oven to 180c/160c fan/gas mark
- ☐ Line two 1lb loaf tins with non-stick baking paper.
- ☐ Put all of the ingredients, except the blackberries, blood oranges juice and last 56g of caster sugar into a large bowl and beat together with an electric hand whisk or mixer, until smooth and combined. Stir in blackberries by hand. If you toss them in a little icing sugar before adding them, it will stop them from sinking to the bottom.
- ☐ Pour the mixture into the prepared tins and smooth the top.
- ☐ Bake in the middle of your preheated oven for 50-60 minutes until a skewer comes out clean when inserted into the centre of the loaves.
- ☐ Leave to cool in the tins. While the loaf is cooling, mix together the blood orange juice and 56g of caster sugar. Poke deep holes into the loaves using a skewer and spoon the mixture over the top of the cakes. Leave to cool in the tins completely before turning out.
- ☐ Enjoy one of the cakes and give the other away for good karma and happy friends.

Nutrition Facts



Properties

Glycemic Index:30.46, Glycemic Load:18.37, Inflammation Score:-6, Nutrition Score:8.7843478866245%

Flavonoids

Cyanidin: 29.99mg, Cyanidin: 29.99mg, Cyanidin: 29.99mg, Cyanidin: 29.99mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 11.12mg, Catechin: 11.12mg, Catechin: 11.12mg, Catechin: 11.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg, Epicatechin: 1.4mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 318.3kcal (15.92%), Fat: 20.57g (31.64%), Saturated Fat: 12.23g (76.42%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 25.98g (9.45%), Sugar: 7.5g (8.34%), Cholesterol: 122.78mg (40.92%), Sodium: 129.29mg (5.62%), Alcohol: 0.14g (100%), Alcohol %: 0.17% (100%), Protein: 5.74g (11.47%), Selenium: 15.01µg (21.44%), Manganese: 0.37mg (18.64%), Folate: 64.11µg (16.03%), Vitamin A: 740.33IU (14.81%), Vitamin B1: 0.21mg (14.25%), Vitamin B2: 0.23mg (13.7%), Iron: 1.81mg (10.04%), Phosphorus: 99.15mg (9.91%), Fiber: 2.33g (9.32%), Vitamin C: 7.68mg (9.31%), Vitamin B3: 1.7mg (8.52%), Calcium: 84.25mg (8.43%), Vitamin E: 1.1mg (7.35%), Vitamin K: 7.65µg (7.29%), Vitamin B5: 0.53mg (5.3%), Copper: 0.11mg (5.27%), Vitamin D: 0.74µg (4.92%), Zinc: 0.62mg (4.1%), Magnesium: 14.91mg (3.73%), Vitamin B12: 0.22µg (3.6%), Potassium: 113.97mg (3.26%), Vitamin B6: 0.06mg (2.82%)